

What is claimed is:

1. An exercise device comprising:

- a frame;

- a yoke assembly affixed to the frame, the yoke assembly including:

 - a yoke configured in an exercise orientation;

 - a support arm affixed to the yoke at a rotational joint, the support arm

having a support arm rotational axis;

 - a flywheel affixed on the support arm; and

 - a resistance apparatus affixed to the flywheel, the resistance apparatus including a resistance,

wherein a force applied to the yoke causes rotational movement of the yoke around the support arm rotational axis and further causes rotational movement of the flywheel which in turn causes the movement of the resistance relative to the force applied.

2. The exercise device of claim 1, wherein the exercise orientation includes a forward inclination and a posterior inclination.

3. The exercise device of claim 2, wherein the forward inclination is about 30 degrees.

4. The exercise device of claim 2, wherein the posterior inclination is about 10 degrees.

5. The exercise device of claim 1, wherein the exercise orientation is adjustable in two axes.
6. The exercise device of claim 1, wherein the support arm is adjustable to an exercise height for the user.
7. The exercise device of claim 1, wherein the yoke assembly further includes a guide support, the support arm slidably affixed to the guide support.
8. The exercise device of claim 7, wherein the frame further includes a horizontal support bar.
9. The exercise device of claim 8, wherein the guide support is slidably affixed to the horizontal support bar.
10. The exercise device of claim 1, wherein the resistance apparatus includes a cable having a first end portion and a second end portion, the first end portion affixed to the flywheel, the second end portion affixed to the resistance, the cable disposed on a pulley assembly for movement in the exercise device.
11. The exercise device of claim 1, wherein the resistance comprises a weight stack.
12. The exercise device of claim 1, wherein the resistance comprises a hydraulic cylinder.
13. The exercise device of claim 1, wherein the resistance comprises an elastic band assembly.
14. The exercise device of claim 1, wherein the resistance comprises an electro-mechanical device.
15. The exercise device of claim 1, wherein the flywheel is circular.

16. The exercise device of claim 1, wherein the flywheel is non-circular.
17. The exercise device of claim 11, wherein the flywheel is substantially elliptical.
18. The exercise device of claim 1, wherein the frame further includes a plurality of wheels.
19. The exercise device of claim 1, wherein the frame is configured to be securable to a vertical surface.
20. The exercise device of claim 1, wherein the frame is configured to depend from a horizontal surface.